

# CLEMENTS SENIOR NEWSLETTER

July 2023



## CLASSES/ENHANCEMENTS

Tech Assistance with Staff!  
Every Tuesday from 10-11 a.m.

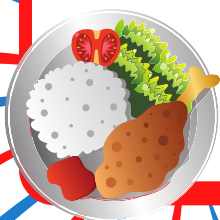
Field Trip!  
Color Me Mine/Mall Day  
leaving Clements at 10:30AM and returning at 3 PM

## REMINDERS/ANNOUNCEMENTS

- Senior activities are open for anyone 50+
- Sign ups and payments are required for some activities (sign up sheets will be available a week in advance in Building 1 at the front desk)
- Center Closed July 4th
- Next Senior Meeting is July 25th
- Visit [pcoa.org](http://pcoa.org) to register for EnhanceFitness

## PCOA HOT MEALS

Offered Monday - Friday from 12-1 p.m. in the MPR room. A suggested donation of \$2-\$3 is encouraged. Reserve your meal a week ahead with Dot!



## IMPORTANT DATES

July 10th  
BUNCO  
10a.m - 11a.m  
MPR

July 12th  
Chair Volleyball vs Udall  
9a.m - 10a.m  
Fitness Building

July 17th  
Craft w/ Staff  
10:30 a.m.  
Kid's/Garden Room

July 21st  
Bingo  
10 a.m. - 11:30 a.m.  
MPR Room

July 25th  
Senior Monthly Meeting  
10:15 a.m.  
MPR Room

July 31st  
Field Trip  
Color Me Mine/ Mall Day  
10:30 a.m - 3:00 p.m

## SENIOR CENTER INFORMATION

**OPEN** Monday-Friday 8 a.m. to 2 p.m.

(520) 791-5787 or (520) 791-4730  
after 2 p.m.



[tucsonaz.gov/parks](http://tucsonaz.gov/parks)

Anyone in need of an accommodation should contact the department at least two weeks in advance if possible. For more details email the Inclusion Coordinator at TPRD-Therapeutics@tucsonaz.gov or contact call 520-791-4504.

# WEEKLY ACTIVITY SCHEDULE

\*ACTIVITIES SUBJECT TO CHANGE

## MONDAY

PCOA EnhanceFitness	Fitness Aerobics	8:30-9:30 a.m.
PCOA Meals	MPR	12-1 p.m.
*Bunco	MPR	10 - 11 a.m.
Craft w/ Staff	Kid's/Garden Room	10:30 a.m.

## TUESDAY

Chair Fitness	Fitness Aerobics	8:00-8:55 & 9:05-10:00 a.m.
Tech with Staff	Front Desk	10-11 a.m.
Mahjong	Activity Room	10 a.m. - 2 p.m.
PCOA Meals	MPR	12-1 p.m.

## WEDNESDAY

PCOA EnhanceFitness	Fitness Aerobics	8:30-9:30 a.m.
Chair Volleyball	Fitness Gym	9-10 a.m.
Gardening Club	Kids Room/Patio	8 a.m. - 9 a.m.
PCOA Meals	MPR	12-1 p.m.
Table Games	Activity Room	10 a.m. - 12 p.m.

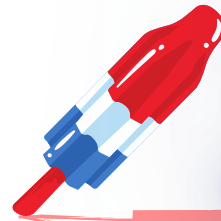
## THURSDAY

Chair Fitness	Fitness Aerobics	8:00-8:55 & 9:05-10:00 a.m.
Card Games	Activity Room	10 a.m. - 2 p.m.
Craft Ladies	Kid's Room	10:30 a.m. - 2 p.m.
PCOA Meals	MPR	12-1 p.m.

## FRIDAY

PCOA EnhanceFitness	Fitness Aerobics	8:30-9:30 a.m.
PCOA Meals	MPR	12-1 p.m.
Mahjong	Activity Room	10:00 a.m.- 2 p.m.

\*Calendar Specific Dates



July

SUN.

MON.

TUES.

WED.

THURS.

FRI.

SAT.

Independence Day

2	3	4 	5 	6 	7 	8
9	10 	11 	12 	13 	14 	15
16	17 	18 	19 	20 	21 	22
23 30	24 31 	25 	26 	27 	28 	29



CHAIR VOLLEYBALL  
9 A.M.



Table Games  
10 A.M.



GARDENING CLUB  
8:00 A.M.



CARDS  
10 A.M.



Bunco  
10 A.M.



CHAIR FITNESS  
8:00 A.M. & 9:05 A.M.



Tech Day  
10 A.M.



Field Trip  
Color Me Mine